

HERE'S HOW TO CORRECT CONSTIPATION WITHOUT DOSING!

If you have suffered from constipation, you probably know from experience that laxative treatment is at best, only temporary relief. That's why doctors tell you to get to the cause. If your constipation is due to the common cause of lack of the right kind of "bulk," Dr. KELLOGG'S ALL-BRAN is the only food that can truly "bulk" you up.

Try this food for a few days. You will find it "bulk" you up, and you will find it "bulk" you up, and you will find it "bulk" you up.

Confidence vs. Complacency

What is the attitude of the Canadian towards the war? Is it one of confidence or of complacency?

In view of the intensity of the struggle between the totalitarian powers and the democracies, the answer to the question is of greater importance than may at first be seen. For upon the answer may depend the ultimate outcome of the gigantic conflict now raging, and upon it certainly will depend the length of time that must elapse before the forces of freedom will prevail over their adversaries.

One of the several definitions of the word "confidence" is some of the dictionary is a "revelation." Another is an "assurance of mind" or "a firm belief."

"Complacency," on the other hand, is defined, as "satisfaction," or "gratification." It conveys a sense of something that is soothing and pleasing, as indicated in the companion French word "complaisance." Confidence and complacency alike convey a sense of assurance, but there is a wide difference between them. Confidence is based upon knowledge of the truth, coupled with attitude and action based upon reality. Complacency is an assurance that is the offspring of ignorance. It is a vain wish to believe that the situation is what it is, and in the end and say "It can't hurt me," or "There is no danger, because I can't see it" or perhaps, "The foe is not dangerous, for he hasn't touched me yet."

A Wide Difference

The confident attitude is the one that recognizes danger where there is a menace, that gives full weight to the danger without under estimating it, that gives full weight to its own ability to overcome the menace without over estimating it, that takes the necessary steps, and all the necessary steps to repair any weakness, that faces all the facts squarely, that marshals all its resources, gives up its life and soul to conquer in the full knowledge that it must win, because the full extent of the peril has been realized and everything humanly possible has been, or is being done.

The complacent man, like the complacent individual, is the one that refuses to recognize danger when it is present, the one that hopes the danger will not be so bad, and that he will be able to deal with it when it comes. He estimates the peril which threatens it because it is not comforting to do so, the one that will not over estimate its ability and capacity to meet the attack, that is not afraid to acknowledge its own weakness, that is not afraid to acknowledge its own weakness, that is not afraid to acknowledge its own weakness.

The nation is composed of its individuals. As the individual thinks, so will the nation. The attitude of the individual will be reflected in the attitude of the nation. The attitude of the nation will be reflected in the actions of the nation. Every individual must recognize the truth of this contention and must shape his attitude and course in the light of that truth.

If it is necessary for the nation to fight an all-out war to conquer, every individual in that nation must wage an all-out conflict, according to his own ability and power, and to the best of his ability and power. Otherwise, the nation's efforts are hamstringed to that extent and efficiency is inevitable or victory is impossible.

Canada, in common with the other units of the Empire, has a right to be confident as to the outcome of this war, but Canadian confidence is tempered by the confidence of the other units of the Empire. The confidence of the other units of the Empire is tempered by the confidence of the other units of the Empire.

Because the strength and power of the nation is determined by the strength of the entire body of its citizens, it is the duty of every citizen to make a survey of himself, of his attitude towards the war and the contribution that he is making towards a speedy and victorious termination to this war. He must be sure that he is doing everything that he can to contribute to the success of the war.

If every individual—every man and woman, every youth and man in the land will do that, and as a result of such mental survey, make up every deficiency of attitude and action, any complacency that he may have will yield to confidence and a warlike confidence.

It will be a confidence founded upon sound principle and right attitude. It will be a confidence that will make the country to go place. It will be a confidence that will make the country to go place. It will be a confidence that will make the country to go place.

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Useful To Aviators

Dosier Plus Vitamin B1 Enriches Blood To Alleviate Nervousness

War promotes to test whether vitamin B1 can be used to increase human endurance. Several new ways are being developed.

Canada requires a breath-taking test for a new type of airplane. The test is a routine indicator of good flying capacity, a vital asset at high altitudes.

But vitamin B1 has been introduced into breath-taking tests with significant results by Dr. W. J. M. Cormick of Toronto. He gave these breathing tests to some aviators and the results in the Medical Record.

All of those tested were able to increase the length of time they could hold their breath, merely by taking extra vitamin B1 for a week. Each took very little more than a day.

One tested at an altitude of 30,000 feet. He held his breath for 30 seconds. Before the vitamin his limit was 45 seconds. Another who held his breath for one minute, 30 seconds, increased it to two minutes.

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Repair Bomb Damage

Spools Of Stalled Bomb Work On Damaged London House

"First-aid" repairs are being carried out in London to houses damaged by bombs.

Supplementing efforts of local authorities, the military engineers of the Royal Engineers are working on the repair of bomb damage to houses in London.

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The Man Behind Churchill

Remarks At Last Average Englishman Have Learned Through

Churchill

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72nd Annual Meeting Royal Bank Of Canada

Morris W. Wilson, President and Managing Director, Calls For Measure To Make Savings Campaign Most Important Feature Federal Financing.

Sydney G. Dobson, General Manager, Reports Unprecedented Business Activity But 'No' Yet Reached.

Some of the factors having a vital bearing on the extent and effectiveness of Canada's war effort were dealt with extensively by Morris W. Wilson, President and Managing Director, at the Seventy-second Annual Meeting of The Royal Bank of Canada in Montreal.

Wilson drew attention to the fact that Canada's financial position at the present time is one of the strongest in the world. He pointed out that Canada's financial position is one of the strongest in the world.

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Detention In Holland

Pictures In Given Of Have And Damage To Property

An estimated 10,000 pictures of damage were taken in Holland.

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Gift From America

Pre-abricated Hospital Units Being Sent To Britain

A gift from America is being sent to Britain.

The gift is being sent to Britain. It is being sent to Britain.

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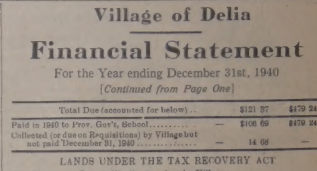
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Street Prices in Delta	
No. 1 Hard	54
No. 1 Northern	54
No. 2 Hard	51
No. 3 Northern	47
No. 4 Northern	41
No. 5 Wheat	37
No. 6 Wheat	31
Feed No. 1	37
No. 1 C. W. Garnet	44
No. 3 C. W. Garnet	41
No. 3 C. W. Garnet	39

Scoutmaster at a Memorial Service in Craigmyle on Sunday morning, and another at Michichi in the afternoon.

resistance and quality."

from your Line Elevator Agent.

This Advertisement is Not Inserted by the Alberta Liquor Control Board, or by the Government of the Province of Alberta.